

# *Oxford Senior Center*

10 Old Church Road, Oxford, CT 06478

(203) 881-5231

Reception / Reservations – Ext. 100

On the Internet: [www.oxford-ct.gov](http://www.oxford-ct.gov)

Hours: 9:00AM - 5:00 PM Monday – Friday

*HAPPY*  
*New Year!*

## JANUARY 2016

*Closed Monday, January 18<sup>th</sup> in observance of Martin Luther King Jr. Day*

*Wishing you the Very Best in 2016*

### Winter Storm Closing Notice

On days of inclement weather, if the Oxford Schools are closed due to weather, there will be NO transportation and NO classes. The Center will remain open as long as Town Hall is open, but in the event that Town Hall is closed the Center will also be closed. Watch WFSB, Channel 3, Eyewitness News for the latest updates.

### 2016 MEMBERSHIP DUES

Renew now so you don't miss a copy of our newsletter!

\$3.00 Oxford Resident; \$7.00 Non-Resident annual fee. Oxford residents age 80 and over and non-residents who were Gold Members in 2006 are Gold Members. Membership is FREE for Gold Members, however, in order to continue your membership you must notify the office and verify your address and update emergency contacts if needed each year. Just give us a call!

### “World Hypnotist Day”

Monday, Jan 4<sup>th</sup> @ 11:00

Our very own certified hypnotist, Janice Cohen from Oxford, will give a presentation on hypnosis and how it works. She will then hypnotize anyone interested in stress reduction.

Behavior change comes quickly and dramatically once the subconscious mind is brought to awareness. It can help you overcome inner conflict and bring about success, inner peace and happiness. Join us and find out what other goals hypnosis can help you to attain! Self-sign up.

### Lunch & Learn – Presented by Visiting Angels & Maplewood at Stony Hill

Tuesday, Jan. 12<sup>th</sup> @ 12:00

Lunch provided by Maplewood at Stony Hill.

Declutter your home! Derdre Dolan Nesline, a move manager/declutter professional, will present the fine art of decluttering, organizing and rightsizing your home. Deirdre will speak about getting rid of “stuff” and how to “keep it moving” out of your home. The presentation will put a positive focus on what can be an overwhelming and sometimes emotional task. Self-sign up.

### Gary-Oke and Chili Lunch

Thursday, Jan. 14 @ 12:00

Gary Maloney will be back with his digital Karaoke so tune up your vocal cords and get ready to have some fun! Lou Granato will be cooking up some hearty Chili with optional cheese, Tossed Salad, Corn Bread and dessert!

Cost \$7.00 pp

Sign up at front desk.

### Joan's Lunch

Wednesday, Jan. 27<sup>th</sup> @ 12:30

Menu: Butternut squash bisque soup, Kielbasa with sauerkraut, scallop potatoes, salad, bread and dessert. Cost \$6.00. Sign up begins Wednesday, Jan. 6<sup>th</sup>.

## COMING IN FEBRUARY

### Pastel Art Classes

Beginning Tuesday, Feb. 2<sup>nd</sup> - 1:30 – 3:00. Instructor Eileen Smith.  
This is a perfect way to start or return to a hobby that is relaxing and rewarding.  
No experience necessary. Register at front desk now.  
Cost: \$10.00 per class or 3 classes for \$25.00.

### AARP Tax Preparation

Meet with the counselors by appointment only, starting Feb. 3<sup>rd</sup> @ 9:30-11:30  
Remember to bring your 1) Social Security statement, 2) Pension forms (1099-R), 3) Bank and brokerage statements, 4) 1095 form if they have medical insurance through the exchange – very important!  
Call the center to make your appointment. Last appointment date, April 6<sup>th</sup>.

### Love Me Tender, Love Me Sweet

Thursday, Feb. 11<sup>th</sup> @ 12:00

As Elvis has put it - Love me Tender, Love me Sweet, Love me Tender, Love me true! Join us for a February celebration with Paula Pettinella singing and open your heart to love of all kinds. Lou Granato will be treating us with Chicken Cordon Bleu, Rice Pilaf Medley, Glazed Carrots, Tossed Salad, and Valentine Cupcakes for dessert.  
Cost: \$10.00 pp

### Light Lunch

Monday, Feb. 29<sup>th</sup> @ 12:00

A light lunch of soup and sandwich, salad and dessert will be served before the Colonial Goodwife presentation provided by Chef Bain of the Watermark. Cost: \$5.00

### “Colonial Goodwife” – Velya Jancz-Urban, Presenter

Monday, Feb. 29<sup>th</sup> @ 1:00

You will enjoy Velya’s entertainingly-informative presentation, The Not-So-Good Life of the Colonial Goodwife, even history buffs will learn a thing or two! In 2011, Velya-Jancz-Urban and her family bought a foreclosed farmhouse in Woodbury, unaware of what the house would reveal. Behind the walls, surprises and secrets waited to be exposed. This became the spark for the novel, *Acquiescence*. Moving into this 1770 farmhouse ignited Velya’s interest in the colonial era and learning about the lives of Colonial women. Self-sign up.

## (Motor Coach Trips)

*Please park on the left side of the center (the bocce court side) when going on trips.  
The front and right side must remain open.*



### Mohegan Sun

Tuesday, Jan. 26<sup>th</sup>

Includes: Motor Coach Transportation, \$15.00 Wheel play and \$15.00 Food voucher or free buffet. Cost: \$22.00 pp  
Depart: 8:00 am Return: 6:00 pm



### Penn Dutch Show Stopper – Lancaster, PA

June 1 – 3, 2016

3 Days/4 Meals

Featuring Sight & Sound’s “Samson”, Sands Casino, Crowne Plaza Hotel, Shady Maple Restaurant, Kitchen Kettle Village, Landis Valley Village & Farm Museum, living village of Penn Dutch & German Mennonite Culture, Amish country guided tour, and shopping time at the Rockvale Village Outlets. Tour includes: motor coach transportation, 2 nights lodging, 4 meals, tour escort, luggage handling (1 bag pp) and taxes and gratuities. Trip insurance included.  
Price: \$443 pp double occupancy; \$533 single; \$409 triple.

**Alaska Cruise Tour – Norwegian Sun**

June 16 - 27, 2016

Experience Alaska by land and sea on this 12-day adventure featuring Denali National Park and cruising aboard NCL’s Norwegian Sun. For more information stop by the center and pick up a flyer! **Only a few cabins left!**

**Atlantic Canada Cruise Tour**

Nova Scotia & Prince Edward Island, July 4 – 10, 2016 - 7 days/9 meals.

Tour includes Motorcoach transportation, 1 night private cabin on The Nova Star ship, 5 nights hotel accommodations, 9 meals, guided tours of Nova Scotia, Halifax, Prince Edward Island, tickets to the Royal Nova Scotia International Tattoo, taxes, baggage handling, full time Tours of Distinction escort, and gratuities for escort, driver and local guides. Cost: \$1667.00 pp Double, \$2292.00 Single and \$1617 Triple. Single rooms are extremely limited. Deposit of \$250.00 pp due by January 15, 2016. Full payment due May 15, 2016.



**(Senior Center Bus Trips)**

**The PEZ Factory Visitor Center and lunch at the Cracker Barrel**

Wednesday, Jan. 13<sup>th</sup>

Do you remember your first PEZ dispenser? Was it your favorite character or team? Join us to visit the PEZ Candy Visitor Center in Orange. Explore the history of PEZ candy and we will have a 15 min. candy making demonstration and if you join in on their game of the month you will receive a free dispenser. Cost of admission is \$4.00 and you will receive a \$2.00 store credit. Lunch will be on your own at the Cracker Barrel Old Country Store in Milford before the tour. • Depart: 11:15 Return approx.: 3:30 • Sign up begins Tuesday, Jan. 5<sup>th</sup>.

**Senior Center Bus Trip Policy:**

- *Members can sign up themselves and one other member only.*
- *Sign up can be made by phone or in person on the sign up date and thereafter until the bus is full.*
- *You have 5 business days to make payment for trip.*
- *Payment will NOT be accepted PRIOR to the sign up date.*
- *Please park on the left side of center (bocce court side) when going on trips.*

**Municipal Agent News - January 2016**

Hi Everyone!

Happy New Year!

Hope your holidays were wonderful and filled with joy. I really can’t believe that the holidays will be over by the time you are reading this but as they say, “time flies when you are having fun” and I sincerely hope that sometime during your holiday you had some fun. That’s what the holidays are all about except when we have to put all those decorations away. UGH!

Now that it is winter, we are all more conscientious of our electric and heating bills. Most of us have been using a different third party electric supplier. Like everything that seems too good to be true; now some suppliers are using a variable rate contract. Variable rate contracts offer low teaser rates for a few months. Consumers sign up, not fully realizing that after the initial term ends, and the energy supplier jacks the rate up without notice. Sometimes it takes months to change suppliers and you may be charged a cancellation fee. Consumers use the electricity first and then are told what their rates are later. Beginning October 1st. a new law took effect making these variable rate contracts illegal. Current plans will stay in effect until their expiration. Some of these contracts are yearlong fixed contracts so you may be stuck with it for a while but they cannot be renewed and no new ones can be offered. Connecticut is the first state in the country to enact such a ban. So be careful when choosing a supplier for your electric bill, they may have a cancellation or other hidden fees.

Again, wishing everyone a Happy and Healthy 2016!

Until next month...

*Joanne Jelenik*

*Municipal Agent for the Elderly*

**Please take a moment and read these “FRIENDLY REMINDERS “**

- *Payments for in-house events are due at the time of sign up. Your payment and reservation can be made in person or by mailing your check with a note indicating what you are signing up for. A receipt will be made out and held for you at the center. In order to participate in any of our activities at the center, you must be a member.*
- *MEALS ON WHEELS PROGRAM – (MOW) Contact the Senior Center and/or Municipal Agent for more information or referral. Also you can call TEAM, Inc. at 203-736-5420 Ext. 227.*
- *Oxford’s St. Peter’s Church members are thoughtfully sending birthday cards to our members each month. Thank you to those who are thinking of others on their special day!*

Newsletters are available online at [www.oxford-ct.gov](http://www.oxford-ct.gov). At the top of the page click on Town Government, then Other Departments. Scroll down through the list of departments to the Senior Center. Click on Senior Center and it will open the page where newsletters and other center information are listed.

**AT THE CENTER**

- *Please Note: To help alleviate congestion at the front desk there are self-sign-up sheets in the computer room for some programs.*

**Apples-to-Apples Game**

Tuesday, Jan 5<sup>th</sup> @ 11:00

Exercise for your brain! Prize for the winner

**Senior Community Café (TEAM Lunch)**

Tuesday, Jan 5<sup>th</sup> @ 12:00

Special Lunch: Pineapple juice, crab cake w/ tartar sauce & lemon, coleslaw vinaigrette, corn on the cob, whole wheat bread, marble cake and milk. • Make your reservation in advance. Donation \$3.00

**Bubbles, Bangles & Beads! A New Year’s Celebration**

Thursday, Jan 7<sup>th</sup> @ 12:00

Let’s start 2016 off with a celebration with your senior center friends. You can wear your bangles and beads and we will supply the bubbles!

Gary Landgren will be entertaining us with his Honky Tonk Piano! “The Honky Tonk Piano Man” is a nickname that has followed Gary around for over 20 years. It’s a style that includes ragtime, swing and early jazz elements all rolled into a very informal and lively presentation. Meal will be provided by Oxford Hills Catering. Menu: Roast pork with gravy, orzo rice pilaf with diced sautéed veggies, green beans, Caesar salad, rolls & butter and dessert. • Cost: \$10.00

**Blood Pressure Check**

Monday, January 4<sup>th</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

**Left, Center, Right Game**

Tuesday, Jan 11<sup>th</sup> @ 11:00. You could win a hot dog!

**Monthly Birthday Social and Center Update**

Monday, Jan. 11<sup>th</sup> @ 1:00

**Come and share some birthday cake with fellow members and get the latest updates on senior center news.** Members who have a birthday during this month and attend the social have a chance to win \$10.00!

**Prayer and Share - Wednesday, Jan. 13<sup>th</sup> @ 1:00**

A blessed New Year to all! I go and prepare a place for you. John 14:3.  
Come and be a part of this small group. We meet in the Reading Room and all are welcome.

**Senior Community Café (TEAM Lunch) - Tuesday, Jan 19<sup>th</sup> @ 12:00**

Menu: Minestrone soup w/ crackers, seafood salad plate w/ lettuce, tomato, beet salad, Portuguese roll, fresh fruit and milk.  
Please make your reservations in advance. Donation \$3.00

**Movie – MAX, Best Friend, Hero, Marine - Tuesday, Jan. 19<sup>th</sup> @ 12:45**

MAX, starring Thomas Haden Church, Josh Wiggins, Luke Kleintank, Lauren Graham & Robbie Amell. Max, a precision-trained military dog, serves on the frontlines in Afghanistan alongside his handler, U.S. Marine Kyle Wincott. When things go terribly wrong on maneuvers, Kyle is mortally wounded and Max, traumatized by the loss, is unable to remain in service. He is shipped stateside to Kyle's brother, Justin. Although initially not interested in taking care of the dog, they work together to unravel the mystery of his brother's death and find a new best friend in each other. Rated PG. Running time 1:51.

**Dispelling the Myths of Hospice – Presented by VITAS Healthcare - Tuesday, Jan. 19<sup>th</sup> @ 11:30**

If you or a loved one were facing a life-limiting illness, would you know what options are available to you and your family? One of the challenges that all hospice caregivers face is to help dispel the myths and reassure patients and families about the realities of competent and compassionate end-of-life care. Join us to learn the truth! Self-sign up.

**Bingo - Wednesday, Jan. 20<sup>th</sup> @ 12:30 – 3:30**

Special prize offered by The Watermark at East Hill. Cost: \$2.00

**Craft with Eve - Thursday, Jan. 21<sup>st</sup> @ 10:00**

Create a delightful and unique Igloo for yourself, a grandchild or someone else. Sample will be at the center.  
Sign up at front desk. \$4.00 pp.

**Chinese Culture Presentation - Thursday, Jan. 21<sup>st</sup> @ 12:30**

This presentation will include the essence and uniqueness of the traditional Chinese culture, how the rich tradition is being interrupted, and how the authentic culture is coming back to the world stage through genuine artistic values and presentations such as the NY-based Shen Yun Performing Arts. Self-sign up.

**Animal Symbolism - Monday, Jan. 25 @ 11:00**

Presented by Mathew Hughes. Learn what your favorite animal symbolizes and the variety of meanings and representations attached to many different animals. • Self-sign up.

**Hearing Screening - Tuesday, Jan. 26<sup>th</sup> @ 9:30 – 11:30**

Hearing Aid Specialist of CT will have someone at the center to examine your ear for wax, screen your hearing and explain the results. This is a great opportunity whether you think you have a hearing loss or would just like to have a baseline screening for your records. Questions are welcome. You must make an appointment by calling the center.

**Foot Clinic**

**Tuesday, Jan. 12** beginning at 10:30 & **Tuesday, Jan. 26<sup>th</sup>** beginning at 9:30.

Make an appointment to have your toe nails trimmed, filed and cleaned, reduction of thickened nails, smoothing of corns and callouses, massaging, applying lotion and powdering of feet, skin cancer assessment along with general assessment of feet and lower legs by specially trained registered nurses working with Pedi-Care Services. The nurse will give you an opportunity to verbalize problems. If you are diabetic a doctor's note will be needed. Forms are at the Senior Center. Fee is \$30 for a half hour visit and is not covered by insurance. Checks are made payable to Pedi-Care. Take advantage of this great service!

**Mike Godette's Musical Performance - Thursday, January 28<sup>th</sup> 12:30-1:30**

Enjoy an entertaining instrumental hour with our friend, Mike Godette, as he performs many favorites! Selected artists include The Beatles, Frank Sinatra, The Beach Boys, Nat King Cole, Stevie Wonder and more! Please join us for this uplifting show.

## REGULAR WEEKLY EVENTS

*Interested in learning how to quilt? Want to brush up on your skills?  
Our quilting group welcomes new members. They meet Wednesday at 9:30.*

### **Pinochle**

Friday @ 1:00

### **Poker**

Monday and Friday @ 1:00 (If we are closed on Monday, poker will be played on Tuesday)

### **Rummikub**

Monday – Friday @ 10:00

### **Pocket Billiard**

Monday - Friday

### **Walking Group**

Mon, Tues @ 10:30, Fri @ 9:30

### **Mahjonn**

Monday @ 12:30

### **Continental Breakfast**

Wednesday @ 9:30

### **Quilting**

Wednesday @ 9:30

### **Craft Group**

Thursday @ 9:30

### **Hot Dog Lunch**

Thursday @ 12:00 Cost: \$1.50  
(*NO Hot Dogs Jan. 7<sup>th</sup> & 14<sup>th</sup>*)

### **Municipal Agent**

Thursday @ 10:30

### **Choral Practice**

Thursday @ 10:30

### **Wii Bowling Game**

Thursday @ 1:00 (2:00 Jan. 7<sup>th</sup> & 14<sup>th</sup>) Wii is always available to members as long as the main room is available.

## EXERCISE CLASSES

### **SENIOR ZUMBA**

Friday @10:00 – 11:00 Instructor: Gabriella Takacs-Fabry

This class is especially designed for older adults. No experience needed, just your love of music to motivate and move.  
Low impact, easy-to-follow fitness. \$2.00 per class.

### **FLEX, FIT & FUN**

Wednesday @ 10:30 – 11:15 Instructor: Pat Babbage

This is a conditioning class using weights, bands, and balls to strengthen and stretch the entire body from head to toes and fingers. Work at your own level and modifications will be given. Please bring your own weights if possible, our supply is limited. No floor work. Join us for some fun and work towards increasing your bone density, strengthening the muscles around arthritic joints, increase circulation, and improve your overall endurance.

Saturday Classes at 10:00 – 11:00, \$2.00 per class.

### **RESTORATIVE YOGA**

Monday @ 9:30 – 10:15 Instructor: Karin Terebessy - Yoga Alliance Certified No prior yoga experience necessary. A great way to start your day! • \$15.00 for 4 class session (\$3.75/class) or \$5.00 per class drop in cost.

### **TAI CHI**

Tuesday, 9:15 to 10:15 Instructor: Stephen Kurimai

These classes encourage balance, subtle flexibility and body-awareness in more active walking and standing movements sets. • \$15.00 for 8 class session or \$3.00 per class drop in cost.

### **Chair Reiki**

Friday, 9:00 – 12:00 at the Center

Reiki is a form of energy healing that can help alleviate physical, emotional, mental and spiritual stress. It's a way to 'tune-up' your energy to its healthiest state allowing for healing to take place. Reiki can help reduce chronic pain and emotional stress. Ann Cummings will be taking appointments for chair Reiki. Cost \$10 for 15 minutes. Sign up front desk.

## ***WHO'S WHO***

Patricia Babbage	Director Senior Services – ext. 103
Heather Haney	Assistant Director – ext. 104
Joanne Jelenik	Municipal Agent – ext. 105 or 203-888-2090 (home)
Walt Gadsby	Chairman - Elderly Commission
Transportation	Scheduling – ext. 101
Drivers	Michael Alberti, Carmine Onofrio, Rosalie Hullette, Joe Bongiorno

## **MONTHLY MEETINGS**

Monthly Birthday Social & Center Update – January 11th @ 1:00

Elderly Commission – Meetings are held on the 2<sup>nd</sup> Tuesday of the month @ 9:30 am at the Senior Center.

## **TRANSPORTATION (Senior Center - 881-5231 – Ext. 101)**

For Oxford residents (Seniors & Disabled) only. We will do our best to accommodate you, but time, destination and vehicle availability may affect our ability to meet your needs.

### **Medical Appointments:**

Call **Sandy Brown (Community Car) at 203-881-0406.**

If the community car is not available, call the Senior Center.

### **Miscellaneous Appointments:**

Please call the Center at least 2 business days in advance.

### **Grocery Shopping-Tuesday:**

Shop Rite in Southbury. Please be considerate of our drivers and limit your purchases to five bags total.

Please call at least 2 business days in advance to schedule a ride for shopping.

## **SUNSHINE UPDATES**

If you want someone to be remembered, please call Ellie Hoffman at the center and she will send a card from the Oxford Seniors. Please keep the following people in your thoughts: Kathryn Duszak, Pat Ploch, Ginny Kenney, Shirley Petrillo, Martha Makl, Rose Lemond, Betty Jacobs, John Shail, Richard Seeley, Dick Brown, Jean Michalak, Lorraine Seeley, Bill Schmidt, Howard Allen, Rosa Carralero, Carol Krushinski, Helen Athans, Peggy Nelson, Bob Bednarcik

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Argonese Cathy	1	Benham Sandra	11	Diogostine Elizabeth	22
Carnes Helen	1	Kedenburg Patricia	11	Montefusco Barb	22
Hovey Vahan	1	Casey Rita	12	Inzitari Emily	23
Page Valerie	1	Levesque Janet	12	Westbrook Susan	23
Petroski Lawrence	1	Sheehan Carol	12	Goumas Shirley	25
Kingston Donna	2	Varanay Barbara	12	Rheingold Martin	25
Chemlen Sandy	3	Crowther Margaret	13	Voccola Jim	25
Keane Virginia	3	Gosk Eugene	13	Hupprich Walt	27
Savoy Joan	3	Cervera Catherine	14	Madorno Nancylee	28
Savoyski Stefania	3	Hayden Prudence	14		
Zito John	3	McCaffrey Ruth	14		
Golebieski Anne	4	Gavigan Karen	15		
Dodge Maryann	5	Smith Edna	16		
Larson Richard	5	Mattutini Louis	17		
Ahern Diane	7	Saulenas Jane	17		
McLeod John	7	Sevigny Regina	17		
Davino Gerald	8	Everlith Roy	18		
Gaal Edward	8	Zibluk James	18		
Rosa William	8	Ward Loretta	19		
Uszakiewicz Dolly	8	Schenck Carol	20		
Dziadik Irene	9	Traver Claude	20		
Najjar Patricia	9	Perone Michael	21		
Zielinski Helen	9				

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***HAPPY  
BIRTHDAY!!!!***